

**Exam Title: Peer Counseling 1 & 2**  
**Courses Assessed by this Exam: 1400300/1400310 Peer**  
**Counseling 1 & 2**

**Key Vocabulary:** Allowance, American Red Cross, atherosclerosis, bandwagon, barriers, budget, bulimia, caloric intake, cancer, cardiorespiratory system, cardiovascular, co---ed, credit card, cultural, debit card, deductions, diabetes, digestive system, emotional, excretory system, expenses, genetics, Good Samaritan Law, gradual, gross pay, heart disease, high blood pressure, homeless shelter, hypertension, income, intellectual, lifestyle disease, liver disease, lung cancer, muscle atrophy, net pay, obese, osteoporosis, peers, pneumonia, prostate cancer, regimented, reproductive system, saturated fat, sedentary lifestyle, self--motivation, sensible diet, social, sodium, stroke, support group, testimonial, tuberculosis, type 1 diabetes, type 2 diabetes, underage drinking, undernourished, vigorous, vitamin supplements, walk---in---clinic, weight loss program, women's shelter,

**Student Tasks:**

Be familiar with various community service agencies and the support they provide.

Identify the various factors that influence decisions to attend a college

Identify the key factors of a budget

Be able to differentiate between social health, emotional health, physical health, cultural health, and intellectual health.

Be able to identify appropriate methods of dealing with adversity and/or adverse situations.

Know the Good Samaritan Law

Understand the various components of the decision making model.

Be able to identify how specific lifestyle choices may impact an individual's social health, emotional health, physical health, cultural health, and/or intellectual health.

Understand how peer pressure may influence a person's decisions negatively

Understand how family routines and home environment can influence an individual's health positively or negatively.

Be able to differentiate between effective and ineffective health behaviors

Understand how poor lifestyle choices may lead to specific diseases or health issues

Be able to identify positive lifestyle choices

Be able to identify different advertisement strategies and differentiate between them.

Be able to identify the benefits of technology as it relates to monitoring activity and caloric intake.

Be able to identify minimum weekly recommendations for vigorous activity

Understand how positive lifestyle choices and/or changes can positively impact specific body systems.